**Abstract:**

The present invention, discloses a novel monolithic construction food container , which can be heated in a microwave oven without distortion of its shape, without interfering with or overloading the microwave energy beam or the microwave radiant energy generation unit and without leakage even when the contained food reaches a boiling point, i.e., a temperature near 100 degrees Celsius. The food container comprises an impermeable cavity defined by a continuous seamless wall with a periphery, said periphery having no folded gussets and is preferably polygonal in shape, for example rectangular, pentagonal, hexagonal or octagonal, said periphery also having a top peripheral portion and a bottom peripheral portion, and ii) a bottom surface, said bottom surface being hermetically, and preferably seamlessly or integrally, joined to said bottom peripheral portion thereby forming the impermeable cavity, said wall and said bottom surface being made of a thermoplastic polymeric material, a set of at least two flaps, said flaps being joined, and preferably integrally and seamlessly, to said top peripheral portion at joining lines located on said top peripheral portion, said flaps being made of same said thermoplastic polymeric material, said joining lines being adapted to form flexural, and

preferably living, hinges along substantially straight lines, said thermoplastic polymeric material having a glass transition temperature of at least -(negative) 20 degrees Celsius and/or a Heat Distortion Temperature , measured under a stress of 264 psi, in accordance with ASTM Standard Method No. D648, of at least 48 degrees Celsius, thereby enabling said container to contain food and sustain heating in a microwave oven without distortion of its shape, without interfering with or overloading the radiant energy generation unit and without leakage. Preferred examples of such thermoplastic polymeric materials are polypropylene and polystyrene.

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